

Early Introduction of Solid Foods (AK 49-USDA 412)

Explain to Participant	<hr/> <p>Your infant is enrolled in the WIC program today because he has been fed or introduced to solid foods before the age of four months. During the first four months of life, an infant's digestive system is not developed enough for solid foods.</p>
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Goal	<hr/> <p>The goal is to educate parents on good infant feeding practices and introduction of solid foods.</p>
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Suggestions for Reducing Risk	<p>Follow the recommendations of your health care provider. Introduce solid foods between four to six months of age. Wait to introduce solid foods until your baby can sit upright and maintain his/her balance. Wait to introduce solid foods until your baby starts expressing certain feeding cues such as turning their heads to indicate they had enough to eat. Wait to introduce solid foods until your baby's oral and gross motor skills begin to develop. Explain the nutrition education material suggested.</p>
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Nutrition Education Material Suggested	<p>The First Twelve Months</p>
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Explain Applicable WIC Foods	<table border="0" style="width: 100%;"> <tr> <th style="text-align: left; border-bottom: 1px solid black;">WIC Foods</th> <th style="text-align: left; border-bottom: 1px solid black;">Nutrients Provided</th> </tr> <tr> <td>Iron Fortified Infant Formula</td> <td>Calcium, Vitamin A & C, Protein , Iron</td> </tr> <tr> <td>Iron Fortified Infant Cereal</td> <td>Iron</td> </tr> <tr> <td>WIC Juice</td> <td>Vitamin C</td> </tr> </table>	WIC Foods	Nutrients Provided	Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein , Iron	Iron Fortified Infant Cereal	Iron	WIC Juice	Vitamin C
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Explain What the WIC Nutrients Can Do for You!	<table border="0"> <tr> <td style="padding-right: 20px;">Calcium</td> <td>Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.</td> </tr> <tr> <td>Iron</td> <td>Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.</td> </tr> <tr> <td>Vitamin C</td> <td>Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.</td> </tr> <tr> <td>Protein</td> <td>Makes up part of every cell in your body. Builds and maintains muscles and other tissues.</td> </tr> <tr> <td>Vitamin A</td> <td>Helps keep your skin healthy and smooth. Helps you see at night.</td> </tr> </table>	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
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Materials with More Information	<p>Introduction to Table Foods Infant Feeding Guide</p>
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